

Procedure Discharge Instructions

EGD/ Colonoscopy/ Flexible Sigmoidoscopy

**Note: These instructions are for informational purposes only and to educate patients on what to expect post procedure. Your instructions may vary slightly depending on your specific procedural findings and/or treatment. At the time of discharge from Southeastern Endoscopy Center, you will be given a copy of discharge instructions and any follow up recommendations.*

Activity

- For the next 24 hours following the procedure, you will be recovering from sedation and may experience drowsiness and forgetfulness. It is best to rest and relax for the remainder of the day. We recommend that you have someone with you during this time.
- For the next 24 hours:
 - DO NOT drive or operate heavy machinery.
 - NO heavy lifting or strenuous activity.
 - NO activities that require full attention or concentration.
 - DO NOT make important legal, work, or financial decisions.
 - DO NOT drink any alcohol.
 - DO NOT take any medications that may make you drowsy such as sedatives, tranquilizers, or sleeping pills.
- After 24 hours, you may return to your normal activities unless instructed otherwise by your physician.

Diet

- You may start with sips of water and advance your diet back to normal as tolerated. *(For EGD)*
- You may resume your normal diet unless instructed otherwise by your physician. It is best to start with a bland meal as greasy and/ or spicy foods may cause GI upset. *(For Colonoscopy/ Flexible Sigmoidoscopy)*

Instructions

- It is normal to have bloating, cramping or gas pain after your procedure, but this should resolve within a few hours.
- You may experience a sore throat for up to 48 hours following the procedure. You can use saltwater gargles or throat lozenges to help alleviate the discomfort. *(For EGD)*
- If you had a polyp removed or had biopsies in the colon, you may see a small amount of blood in the toilet or after you wipe. *(For Colonoscopy/ Flexible Sigmoidoscopy)*
- Complications rarely arise following an endoscopy procedure, but call your doctor immediately or go to your nearest emergency room if you experience any of these symptoms:
 - Severe chills, fever over 101degrees F
 - Persistent nausea or vomiting
 - Persistent weakness, dizziness, or disorientation
 - Shortness of breath
 - Severe chest pain
 - Severe abdominal pain
 - Pain when or difficulty swallowing
 - Difficulty urinating or moving your bowels
 - Rectal bleeding: >1 Tbsp, blood clots, or continuous oozing of blood
 - Black or tarry stools
 - Vomiting blood, "coffee ground" material, or bile
- You may resume taking your regular medications unless instructed otherwise by your physician. If you are taking blood thinners, consult your physician before restarting them.